

# media release

*Colorado Department of Agriculture*

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## FOR IMMEDIATE RELEASE

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### ***Crack Open Some Fun For Breakfast***

LAKEWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado eggs are featured in the **Egg Bake Breakfast Bread** recipe.

#### **Available Now...Eggs**

There are 3.8 million hens in Colorado producing more than 1 billion eggs every year. Eggs are a nutrient dense food, containing every major vitamin and mineral except vitamin C. The surface of an egg shell has over 10,000 pores, and there is no nutritional difference between a brown and a white egg.\* Look for Colorado eggs at your local grocery store or at restaurants across the state.

#### **Egg Bake “Breakfast Bread”**

*Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District*

Serves 6-8

12 Eggs

8 Slices Bacon, cooked, chopped

1/2 Small Red Onion, Red, diced

1 Tbsp. Roasted Garlic, minced

1/2 Red Bell Pepper, diced

1/2 Green Bell Pepper, diced

1/4 Cup Fresh Italian Parsley, chopped

6 Slices Bread, cubed

Salt and Pepper to Taste

In a large stainless steel mixing bowl combine eggs, cooked bacon, garlic, peppers, parsley and bread. Mix well to ensure ingredients are mixed and bread becomes soaked. Season with salt and pepper to taste. Preheat oven to 375 degrees, 350 for convection. Spray a standard sized bread loaf pan with cooking spray. Pour mixture into bread pan, cover with foil and bake for about 20 minutes. Remove from the oven and using a skewer, insert into the center of the bread to check its doneness. Continue to cook until skewer comes out clean. Once fully cooked, remove from the oven and allow to sit for 5 minutes. Remove from the pan, slice into thick slices and enjoy as a “breakfast bread.”

Visit [www.coloradoagriculture.com](http://www.coloradoagriculture.com) for a complete list of recipes.

*\* Facts courtesy of the Colorado Egg Producers Association.*

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